

European Journal of Scientific Research
ISSN 1450-216X Vol.29 No.1 (2009), pp.82-88
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<http://www.eurojournals.com/ejsr.htm>

Evaluation Working Posture and Musculoskeletal Disorders Prevalence in Pharmacy Packaging Workers

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Abstract

High relatively (36.8%) incidence of back spinal disorders observed in pharmacy packaging workers. The objectives of this study to evaluate workstation via RULA technique and to examine upper limb disorders by body map chart. The study population consisted of 38 pharmacy packaging workers. Results showed that none of personals case study have score of one and two. 45.7% acquired score equal to 3 and 4, these finding revealed that changes will be required by more research. Also 36.9 % of them gained score equal to 5 and 6, so we can conclude that workplace should be redesigned in future and the findings showed that 18.4% of employees have score of 7 that they have dangerous posture that workplace should be redesigned immediately. Results of questionnaires showed that 44.7% have been reported knee pain and 36.8%, 31.6% back pain and neck pain respectively. Results showed non significant association between body parts scores and self – reported pains in the regions in all subjects. The final RULA score (mean 4.87) emphasize on poor workstation design among pharmacy packaging workers.

Keywords: RULA; Pharmacy packaging workers, Musculoskeletal, Body map.